

# LOW-COST FOOD TIPS & **RESOURCES**

**UCI Health**



This booklet has low-cost food tips and resources in the local community. You can reach out to your local county and community center for more help.

If you need more help that is not in the booklet, talk to your health care team for more direction.

In case of life-threatening emergencies, please call 9-1-1 or go to your nearest emergency room for immediate help.

## **Department of Patient Education**

101 The City Drive South  
Orange, CA 92868  
(657) 282-6357

Last Revised in September 2022  
Educational Content and Design by Patient Education Coordinator  
Other Contributors include Diabetes Educators & Cardiology Health Coaches

# Table of Content

## Community Food Help

<i>Find a Food Bank</i>	3
<i>Find a Food Pantry</i>	3
<i>Find a Community Garden</i>	3

## Low-Cost Shopping Help

<i>Low-Cost Shopping Tips</i>	4
<i>Low-Cost Grocery Stores</i>	4
<i>My Budget &amp; Meal Planning</i>	5
<i>A Balanced Plate</i>	6
<i>Tip Toward Going Plant-Based</i>	7-8
<i>Low-Cost Meals</i>	9
<i>Meals on Wheels for Seniors</i>	10
<i>Spices Combos from Around the World</i>	11

## Re-Grow My Food Scraps

<i>Grocery Staples Best for Re-Growing</i>	12
<i>Re-Grow My Food Scraps</i>	13

## Other Community Help in OC

<i>Local Community Resource Agencies</i>	14
--	----

# COMMUNITY *Food Help*



## Community Gardens

Contact your county office or go online to find your nearest low-cost community garden. Here are a few local city gardens:

- **Garden Grove:**
  - [www.ggcity.org/community-garden](http://www.ggcity.org/community-garden)
- **Santa Ana:**
  - [www.edibleschoolyard.org/join-program?program=42435](http://www.edibleschoolyard.org/join-program?program=42435)
  - [www.facebook.com/santaAnapeoplesgarden/](https://www.facebook.com/santaAnapeoplesgarden/)
- **Orange:**
  - [www.cityoforange.org/our-city/departments/community-services/programs-and-services/community-gardens](http://www.cityoforange.org/our-city/departments/community-services/programs-and-services/community-gardens)
- **Anaheim:**
  - [www.anaheim.net/1459/Community-Gardens](http://www.anaheim.net/1459/Community-Gardens)
  - [www.eacg12.com/](http://www.eacg12.com/)
- **Costa Mesa:**
  - <https://www.costamesaca.gov/government/departments-and-divisions/parks-and-community-services/facilities/community-gardens#ad-image-1>



## Find a Food Bank

Website: [www.feedingamerica.org](http://www.feedingamerica.org)



## Find a Food Pantry

Website: [www.foodpantries.org](http://www.foodpantries.org)



## Orange County Food Help

- Food pantry
- Soup kitchen
- Home delivery meals
- Congregate meals
- After school meals
- Cal Fresh
- Farmers Markets

Website: [www.ocfoodhelp.org](http://www.ocfoodhelp.org)



# LOW-COST SHOPPING

## TIPS *Orange County*

### Weekly Shopping Tips

- Write down what you eat the most during the week
- Write down your favorite low-cost meals that you cook
- Check for foods you already in your house
- Pick up groceries from the local food pantry or food bank as needed
- Go over your weekly budget to figure out how much money you can spend on groceries this week
- Plan your meals and weekly menu using what you have, then write down a list of food you need from the store
- Plan your shopping to include low-cost stores like the ethnic market, discount store, farmer's market, local food pantry, or other favorite stores
- Use your left overs in a new dish
- Re-grow food scraps to keep your grocery costs down (see pg. 11-12)
- Go over your meal plans and shopping list to make shopping easier



### List of Low-Cost Grocery Stores in Orange County

- AA Market
- 99 Ranch Market
- Northgate Market
- El Super
- Big Savers Foods
- Best Choice Supermarket
- Buy Low Market
- Santa Ana Food Market
- Fresh Choice Marketplace
- Dollar Store
- 99 Cent Store
- Aldi Grocery Store
- Grocery Outlet
- Walmart Super Center
- Food 4 Less
- Smart & Final
- Ross (food section)
- Farmer's Market
- Swap Meet
- Other grocery chains



### My List of Favorite Low-Cost Grocery Stores:

---

---

---

---

---

---

# LOW-COST *Meal Planning*

## 1 My Budget

Income	_____
Rent	_____
Utilities	_____
Other	_____
Savings	_____
Investing	_____
Insurance	_____
Grocery	_____

## 3 My Grocery List (check with budget)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## 2 Food and Groceries I Already Have:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Meal Planning Tips:**

1. Eat your food fresh, lightly bake, or sautéed early in the week.
2. Use leftovers in sautéed or stir-fried dish.
3. Make soup using leftovers toward the end of the week.

## 4 My Meal Plan

	Breakfast	Lunch	Dinner	Snack
Su				
M				
T				
W				
Th				
F				
Sa				

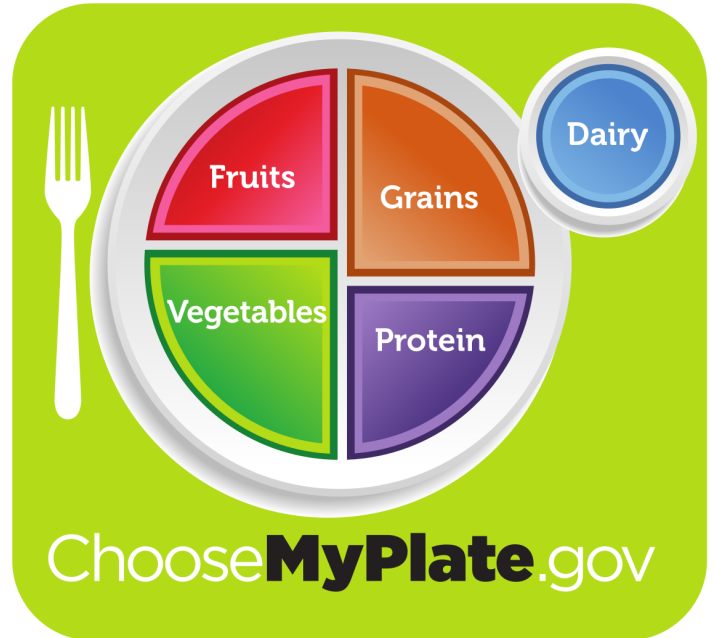
# EATING TIPS

## A Balanced Plate



### USDA - My Plate

The United States Department of Agriculture (USDA) made a picture to show how much food to eat from each food group. It is called "My Plate" (see picture to the right). Go to [www.MyPlate.gov](http://www.MyPlate.gov) to get more help with meal plans and recipes. The website also gives vegetarian options.



### Facts on US Diet & Disease

- **14% of kids** ages 1-2 years old & **16% of pregnant women** are iron deficient
- **9 out of 10** adults & kids **do not** eat enough fruits and vegetables
- **More than 50%** of adults & kids drink a sugary beverage daily
- The Standard American Diet (SAD) is **high in added sugars, sodium, and saturated fats**
- Northern European ethnicities have 18% - 26% lactose intolerance, whereas **75% - 95% of African American & Asians** are lactose intolerant



### Allergies, Sensitivities, & Goals for Better Health

---

---

---

---

---

---

---

---

---

---

Reference:

1. "Lactose Intolerance: Medlineplus Genetics." MedlinePlus, U.S. National Library of Medicine, <https://medlineplus.gov/genetics/condition/lactose-intolerance/#statistics>.
2. Vuorisalo, Timo, et al. "High Lactose Tolerance in North Europeans: A Result of Migration, Not in Situ Milk Consumption." *Perspectives in Biology and Medicine*, vol. 55, no. 2, 2012, pp. 163-174., <https://doi.org/10.1353/pbm.2012.0016>.
3. "Are You Making Every Bite Count?" MyPlate, <http://www.myplate.gov/>.
4. "Poor Nutrition." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 11 Jan. 2021, <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.htm>.

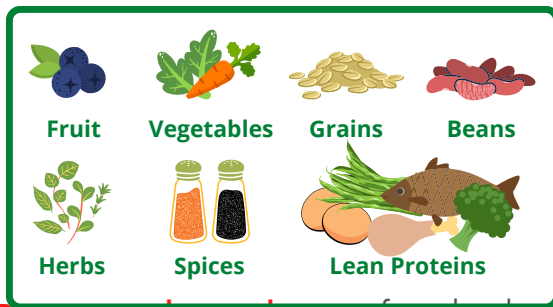
# TIPS TOWARD GOING

## Plant-Based

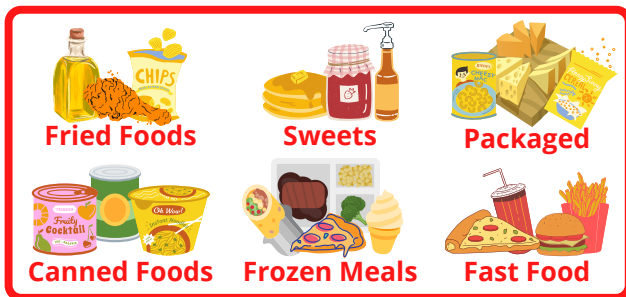


### What is Plant-Based Eating?

Plant-based eating is when you eat whole foods, and you avoid processed foods. **Whole Foods** are fruits, vegetables, grains, beans, herbs, spices, and plant proteins or lean animal proteins. Eating foods in its original state or lightly cooking the food is much healthier than eating processed foods.



**Processed Foods** are foods that have been changed from its natural form. Some examples of processed foods are **potato chips** instead of **baked potato** or **bottled juice drinks** instead of **fresh fruit**. Processed food often have high amounts of **fat, salt, sugar, chemicals, and calories**.



### Where Do I Get My Protein?

There are many ways to get your protein when eating plant based. **Beans, legumes, and lentils** are a great source of protein. They are high in protein and high in fiber which are great for your digestion and feeling fuller for longer. **Nuts and seeds** are a nice small snack or topping to add to your food. These are also high in protein, has fiber, and has healthy fats. Nuts and seeds should be eaten in small amounts. Eating too many nuts and seeds can become high in calories quickly. **Spinach, kale, and other greens** are also a good source of protein and water. Greens are very low in calories and easy to add to meals, smoothies, salads, stew, stir-fry, and more! Other plant sources of protein can include **whole grains, vegetables, tofu, and tempeh**.

Eating lean animal proteins is also better than eating red meats or processed meats. Some lean animal proteins may include **chicken, turkey, eggs, and fish**.





# TIPS TOWARD GOING

## Plant-Based (continued)



### Red Meats & Processed Meats

**NOTE:** Red meats and processed meats have been seen to increase risk of cancers, hypertension, type-2 diabetes, and some autoimmune diseases. Red meats are beef, veal, pork, lamb, mutton, horse, and goat. Processed meats can be sausage, jerky, hotdogs, corned beef, or ham.

For more information on red meats and processed meats, go to World Health Organization (WHO) website at:



[www.who.int/news-room/questions-and-answers/item/cancer-carcinogenicity-of-the-consumption-of-red-meat-and-processed-meat](http://www.who.int/news-room/questions-and-answers/item/cancer-carcinogenicity-of-the-consumption-of-red-meat-and-processed-meat)



### Where Do I Get My Calcium?

Spinach, kale, and other greens have protein, fiber and are a natural great source of calcium, too! You can also get your calcium from fortified foods. Soy-based products like soybeans, tofu, or tempeh also have calcium in it. You may also find some processed foods with fortified calcium in it like some cereals and orange juices.



### Quick Yummy Snacks

Making a healthy choose can help when you have healthy yummy snacks in the house. Some quick yummy snacks you can get can be hummus and bean dip to eat with vegetables, or grain crackers. Fruit is also a quick yummy snack you can grab-and-go!



### Healthy Swaps

Making a healthy choose can help when you have healthy yummy snacks in the house. Some quick yummy snacks you can get can be hummus and bean dip to eat with vegetables, or grain crackers. Fruit is also a quick yummy snack you can grab-and-go!

Chips & Dip	→	Veggies & Hummus
Soda / Juice	→	Water with fruit
Canned Fruit	→	Fresh or Frozen Fruit
Microwave Popcorn	→	Air-popped Popcorn
Jelly/Jam	→	Mashed Fruit or Sliced Banana
Syrup	→	Minced Fruit, Honey, Agave

# LOW-COST RECIPES

## Easy Meals

*Adjust any of the recipes with the spices and ingredients to your liking.*



### Tips for Low-Cost, Easy Recipes

Simple recipes cost less. Use what you have first. Other tips include:

- Try **new foods & recipes** that can keep your cost down
- Learn to **use spices & herbs** to add flavor into your recipes
- **Start a garden** or **re-grow** your food scraps
- Pick frozen, fresh, or canned foods with **no added salt** and **no BPA**
- Look for **deals, sales, and coupons**
- Pick **store brand foods**, and **not** name brand



### Chili

Beans, lentils, or legumes are rich in protein and fiber. Add in vegetables you have on hand or on sale from the store. You can stretch this recipe by adding water or broth. Add all the ingredients into a pot on medium-low. Stir until your food is cooked. This is about 6-8 servings:

- 2 tsp - garlic powder
- 2 tsp - onion powder
- 1 tbsp - chili powder
- 4x16oz cans - beans
- 2 tbsp - tomato paste
- 2+ cups - water
- 2+ cups - minced vegetables



### Stir-Fry

Making a stir-fry can be made up of any foods you have on hand. You can chop your food ahead of time. Then, add all your vegetables into the pan to cook in the sauce recipe below. Put your stir-fry on your cooked grain, noodles, or eat with a salad. About 6-8 servings:

- 1-2 tbsp - soy sauce
- 1 tbsp - garlic minced (or 1 tsp dried)
- 1-2 tsp - honey, agave, other
- 2+ tbsp - water as needed
- 2+ cups - sliced vegetables



### Tacos

Make your own tortilla. Buy corn tortilla in bulk. Use lettuce as your wrap. These tips can keep costs low. Most recipes use animal meats, but using vegetables or any foods on hand can keep your food cost down. Sauté your taco filling in a pan with the spices listed below. This is about 6-8 servings:

- 1 tbsp - cumin
- 2 tsp - garlic powder
- 2 tsp - onion powder
- 2 tsp - oregano
- 1 tsp - paprika &/or chili
- 3+ cups - minced taco filling
- 1/2 cup - minced onion & cilantro (topping)
- lime slices (side)

## Meals on Wheels of Orange County

Meals on Wheels is a national meal program build to help older adults or seniors with healthy food options delivered to their door.

There is a local Meals on Wheels program that is able to offer Orange County senior residents:

### Meals on Wheels

- Sign up for **Meals on Wheels** in your local area to get food delivered to your door by friendly volunteers & staff

### Adult Day Services

- The Adult Day Service program has re-opened at the **Anaheim (714-220-2114)** & **Santa Ana (714-558-1216)** locations from 8:30am-1:00pm with 20 people max per day

### Friendly Visitors

- Sign up for a weekly friendly visitor to chat with, play cards, or send some time with you or your senior family, friend, or neighbor

### Care Coordinators

- Help with getting you health services you may need
- Person-Centered care solutions
- Focus on reducing hospital admissions, re-admissions and ER visits

### Lunch Café

- Have lunch at the Meals on Wheels Center for \$3 for people 60+ yrs, \$5 guests, free for those that cannot donate



## Service Areas in Orange County

- Anaheim
- Brea
- Buena Park
- Costa Mesa
- Cypress
- Fountain Valley
- Garden Grove
- Huntington Beach
- La Palma
- Orange
- Santa Ana
- Seal Beach
- Stanton
- Tustin
- Westminster
- Placentia-Yorba Meals on Wheels (including Anaheim Hills)
- Irvine Meals on Wheels
- La Habra Meals on Wheels
- Meals on Wheels of Fullerton
- South Orange County Age Well Senior Services



## QUALIFICATIONS

- Live in Orange County
- Must be 60 or older
- Must be homebound because of illness, disability or lack of mobility



## Contacts

**Website:** [www.mealsonwheelsoc.org](http://www.mealsonwheelsoc.org)

**Number:** (714) 220-0224

# SPICE COMBOS FROM AROUND *The World*



## Indian Spices

- Bay Leaves
- Cardamom
- Ginger
- Cinnamon
- Cumin
- Turmeric
- Coriander
- Nutmeg
- Mustard Powder
- Garlic
- Curry



## Mexican Spices

- Coriander
- Cumin
- Chili Powder
- Oregano
- Cinnamon
- Garlic



## Chinese Spices

- Fennel Seed
- Cinnamon
- Clove
- Garlic
- Ginger
- Red Chili Pepper



## Italian Spices

- Basil
- Garlic
- Onion
- Oregano
- Parsely



## Thai Spices

- Basil
- Cumin
- Cardamom
- Garlic
- Ginger
- Turmeric
- Curry



## Mediterranean Spices

- Bay Leaves
- Oregano
- Rosemary
- Thyme
- Cardamom
- Ginger
- Cinnamon
- Clove
- Coriander
- Basil



## Jerk Spices

- Onion
- Garlic
- Cayenne
- Black Pepper
- Thyme
- Parsley
- Paprika
- Hot Pepper Flakes
- Cinnamon
- Nutmeg
- Clove
- Cumin

There are many free, easy and healthy recipes you can find online.  
Explore different cuisines and cultures through health foods!

# GROCERY STAPLE BEST FOR *Re-Growing*



## Re-Grow Your Food

There are many foods to regrow from your current grocery staples. You can regrow certain foods in your patio, in planters, or in a jar by a window.



## Greens with Stems

- Lettuce
- Bok Choy
- Cabbage
- Celery
- Green Onion
- Leeks
- Lemongrass
- Fennel
- Kohlrabi



## Herbs with Stems

- Sage
- Thyme
- Oregano
- Basil
- Cilantro
- Mint
- Lemon Balm
- Parsley



## Root Vegetables for Eating Leaves

- Carrots
- Beets
- Turnips
- Parsnips
- Radish
- Rutabagas



## Tuberous Root Vegetables

- Yams
- Potatoes
- Cassava
- Sweet Potatoes



## Rhizomes (other roots)

- Turmeric
- Ginger
- Ginseng



## Bulbs

- Garlic
- Shallots
- Bulb Onions



## Seeds & Other

- Citrus
- Apple, Pear
- Stone Fruit (fruit with pit)
- Peppers
- Melons
- Pumpkins & Squash
- Mango
- Tomatoes
- Avocado
- Pineapple



## Sprouting from Beans/Legumes























- Lentils
- Beans
- Peanuts
- Legumes

To learn more, search for online videos how to regrow food at home!

# Re-Grow

## MY FOOD SCRAPS

### Common Foods to Re-Grow

 Potatoes	 Fennel Bulb
 Yams	 Lettuce
 Carrots	 Bok Choi
 Turnips	 Leafy Greens
 Parsnips	 Cabbage
 Beets	 Basil
 Onions	 Mint
 Garlic	 Cilantro
 Leeks	 Ginger
 Celery	 Citrus Fruit
 Peppers	 Mushroom

This is a short list of foods you can regrow. You can find more foods to regrow, sprout, or easily plant yourself. Look online, joining a community garden, or reading more about low-cost home gardening groups. If you do not have a yard to garden, you can use pots to garden on the patio or balcony. You can also start to grow foods in your house by a window. ***Have fun and use what you have!***

### Root Vegetables

1. You can keep your vegetable tops where the greens grow from
2. Put the cut side in a cup of water
3. Check your water daily
4. Wait for roots to grow before you plant in soil

### Greens with Stalks

1. You can keep your vegetable tops where the greens grow from
2. Put the cut side in a cup of water
3. Check your water daily
4. Wait for roots to grow before you plant in soil or keep in water (change water regularly)

### Herbs with Stems

1. You can keep your herbs on the stem with a few leaves on the top
2. Put the cut side in a cup of water
3. Check your water daily
4. Wait for roots to grow before you plant in soil or keep in water (change water regularly)

### Fruit with Seeds

1. You can keep your seeds from citrus fruit or melons
2. Fold the seeds in a wet napkin & place in a bag or container
3. Watch for roots to sprout, then move your seed into soil
4. Water your new plant regularly

### Sprouting Lentils or Legumes

1. You need to soak your lentils, beans, or legumes over night
2. Rinse your legume daily in an open container or open jar
3. You can continue to grow the sprouts to eat on the counter or refrigerator

# OTHER *Local Help*



## **Community Health Initiative of Orange County**

[www.chioc.org](http://www.chioc.org)

- Assistance to healthcare services
- Health education & connect families to resources
- Connect to low-cost Medi-Cal
- An agent can help connect you to local community resources



## **Regional Center of Orange County**

[www.rcocdd.com](http://www.rcocdd.com)

- Helps people with developmental disabilities & their family link up to services they need
- Residential care
- Independent living services
- Special education services, therapies, support groups
- Other assistance for people & families with special needs



## **Orange County Community Resources**

[www.occr.ocgov.com](http://www.occr.ocgov.com)

- Housing
- Public Parks
- Public Libraries
- Animal Care
- Food banks & pantries
- CalFresh / SNAP
- Other community programs



## **Office of Aging of Orange County**

[www.officeonaging.ocgov.com](http://www.officeonaging.ocgov.com)

- Health resources for older adults
- Fall Prevention
- Technology Assistance
- Friendship hotline
- Nutrition & meal assistance



## **Orange County Housing Authority**

[www.ochousing.org](http://www.ochousing.org)

- Housing assistance



## **Orange County Health Care Agency**

[www.ochhealthinfo.com](http://www.ochhealthinfo.com)

- Children and Family services
- Community clinics
- Environmental Health
- Services for Providers
- Permit, certifications and records
- Resources for homeless people



## **Orange County Transportation Authority**

[www.octa.net](http://www.octa.net)

- Ride assistance
- Non-medical ride assistance for seniors



## **211 Orange County**

[www.211oc.org](http://www.211oc.org)

- Community resources
- Public assistance

**Work with your social worker, case manager or reach out to these community agencies to help you get what you need.**